



**What does it do?**  
This exercise strengthens and tones the muscles of the lower abdomen, particularly the rectus abdominis. It also strengthens the muscles of the upper legs and buttocks. It is also good for the heart and lungs, as well as the digestive system.

#### **How to do it**

Start by lying on your back with your feet flat on the floor. Lift your legs straight up into the air, keeping them as straight as possible. Hold for 10 seconds, then slowly lower them back down to the floor. Repeat 10 times.

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